

Career Transition through Personal Transformation

Executive Training Program

Over eight weeks, we will explore a structured transformation model that will enable you to make long-term changes in your behaviour associations and eventually self-discover a path to growth in your career and personal life.

Course Outline

SESSION 1 1 WEEK

Introductory session — This 60-minute session will introduce participants to the group and lay the groundwork for a supportive, long-term relationship over the next seven weeks. We will cover critical theories that underpin the course design, providing an overview before we delve deeper into the sessions.

This short introductory session will help us get to know each other and set the stage for the following week. In this session, we will examine the high-level framework and set the stage for upcoming sessions.

SESSION 2 1 WEEK

Self-leadership 1 — Every journey starts with self-understanding. Long-term changes begin by knowing yourself. We will do exercises and assignments to help you establish a baseline for “You”. A place from which you will launch and change for the better. Templates and questions will assist you in this process.

SESSION 3 1 WEEK

Self-leadership 2 — This week, we will continue our journey of self-awareness. Building on last week’s sessions, we will explore additional frameworks and exercises and discuss where you envision yourself in your future.

SESSION 4 1 WEEK

Leading Others 1 — A significant part of leadership involves effectively managing others. We will explore this topic in depth to help you become a successful leader on your corporate growth path.

SESSION 5 1 WEEK

Leading Others 2 — This week, we will continue discussing leadership strategies for managing direct reports and the broader organisational ecosystem.

SESSION 6 1 WEEK

Managing Environment 1: As a leader, you invest significant time in developing strategies to address the changing business landscape's opportunities and challenges. This week, we will concentrate on building a strategic mindset.

SESSION 7 1 WEEK

Managing Environment 2 — This week, we'll continue our discussion by focusing on critical areas leaders must manage, such as creating effective networks and building alliances. We will also explore the often-overlooked topic of workplace politics and how to understand and manage it effectively.

SESSION 8 1 WEEK

Bringing it all together — In the final session, we will examine the six-week journey and explore tools for sustaining and growing learning.

Session Details

Duration:	8 weeks
Session duration:	120 minutes
One-on-one coaching sessions:	Optional add-on (at the end of training)
Delivery:	ProConsultRix LMS platform
Format:	Virtual / Hybrid

Detailed session dates and topics will be shared after registration. A pre-session introduction and familiarisation session will be conducted before the start of the Program.

Community & Networking

The program also aims to establish a casual community of participants with similar interests and concerns, providing mutual support and networking opportunities that will extend beyond the course's duration.

One-on-one Transformational Coaching

We also offer Executive coaching for mid-level to senior executives, which is aimed at driving transformation to grow personally and professionally. Over 10 sessions, you will adapt to new leadership skills and experience the change. Do reach out to us.

Trainer & Coach

Anuraag Bhatnagar is a successful industry leader, entrepreneur, and coach with 33 years of experience in the corporate world. He has successfully transitioned into entrepreneurship and believes achieving success is no easy feat. It requires unwavering dedication, the ability to persevere through challenges, and, most importantly, the guidance of a wise mentor. He is a co-founder of a technology company and serves as a strategic advisor to organisations.



About ProConsultRix

ProConsultRix is a learning company that makes Professional growth structured and intuitive for mid-career or senior executives. We offer in-person and group training on a real-time online Learning platform.

Our training and coaching provide a framework for identifying skills needed to grow in each career stage. ProConsultRix guides professionals as they navigate their unique career journey.

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